

Caregiver Toolkit

Whether your loved one has just received a dementia diagnosis, or you've been caring for them for a long time, new challenges arise. Are there any resources available? YES! But sometimes the hardest part is knowing what to look for! Here are some general resources to help get you started.



Providing Care at Home

Several options are available to help with respite and providing care at home.

ADULT DAY CENTERS

Day Centers provide social and health services along with therapeutic and social activities, meals and snacks, and assistance with personal care.

In Fairfax, Insight Memory Care Center provides adult day health services Monday through Friday, 7:30 am to 5:30 pm: InsightMCC.org

The National Adult Day Services Association provides national day center listings: nadsa.org

HOME CARE

Any type of supportive care provided at home; generally either: *Non-Medical Care*, or *Companion Care*, can provide assistance with preparing meals, housekeeping, shopping or providing transportation. *Medical Care* could include rehabilitative services, or ongoing assistance with bathing, dressing, toileting, eating or walking.

The National Association for Home Care & Hospice locator: nahc.org

HOSPICE

Traditionally thought of as end-of-life care, a team of health care professionals and volunteers provide medical, psychological, and spiritual support, with a goal of controlling pain and other symptoms to help keep your loved one as alert and comfortable as possible.

The National Hospice and Palliative Care Organization can help you locate a provider: nhpco.org

GERIATRICIANS

Geriatricians are physicians who have a specialty focusing on medical, social and psychological issues concerning older adults.

Find a geriatrician near you: health.usnews.com/doctors/location-index/geriatricians

PACE

A Medicare and Medicaid program that helps people age in place by combining home care services, and coordinating other specialists at the local PACE center.

In Fairfax, INOVA offers PACE: inova.org/inova-in-the-community/inovacares-for-seniors-pace-program

The National PACE Association has a directory of services: npaonline.org

RESPITE CARE

A "rest" from caregiving, check with home care providers, adult day health centers, or residential facilities (many offer short-term stays), your local area agency on aging or faith community may offer volunteer programs to provide short-term companion care.

Fairfax County offers the Caregiver Respite Program: fairfaxcounty.gov/dfs/olderadultservices/caregiver-respite.htm



Guidance and Planning

Not even sure where to start? Advisors can help!

GERIATRIC CARE MANAGERS

Specialists who act as a guide and advocate for family caregivers. They can help with housing and home care, legal and financial needs, safety and security, or communication between family.

Aging Life Care Association: caremanager.org

ELDER LAW ATTORNEYS

Elder law attorneys work with people as they age, including powers of attorney, wills and estates, guardianships, and trusts. They can also assist with planning for possible long-term care needs.

National Academy of Elder Law Attorneys: naela.org

HEALTH INSURANCE ADVISORS

Need help determining which Medicare plan is right for you or your loved one?

Virginia Insurance Counseling and Assistance Program: fairfaxcounty.gov/dfs/olderadultservices/vicap.htm

HealthCare.gov can help you locate a local provider: localhelp.healthcare.gov

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Senior Living Options

Knowing the types of facilities out there will help guide your search as to what is most appropriate for your loved one.

LESS CARE REQUIRED

INDEPENDENT LIVING

Also known as retirement communities, this option is typically a private home or apartment in an age restricted community offering group activities and residential maintenance and services.

ASSISTED LIVING

ALFs are a housing option for those who need a range of in-home support services to help with activities of daily living. There are typically options for individual or shared apartments, and common areas for socializing.

MORE CARE REQUIRED

NURSING HOMES

A nursing home, or skilled nursing facility provides 24-hour care for people who have significant difficulty with activities of daily living. Nursing homes will typically offer activities, meals, and skilled medical care from specialists.

GROUP HOMES

Typically a private residence for those who cannot live independently. It is often a smaller setting, with at least one caregiver around the clock. Some group homes are catered specifically for seniors or those with memory impairments.

MEMORY CARE

Memory Care communities are a type of assisted living facility specifically catering to patients with Alzheimer's disease or other memory impairments. They can be stand-alone facilities or a part of a traditional assisted living facility.

CONTINUING CARE RETIREMENT COMMUNITIES

A CCRC provides a comprehensive range of services, including housing, residential services, and nursing care. Individuals can move from one level of care to another while remaining at the CCRC campus.



A few extras...

A few more resources that may help you lighten the load.

TRANSPORTATION

A variety of programs and services exist to help with transportation. In addition to traditional public transit, many areas offer specialized services for individuals with a disability or mobility issues, and/or volunteer services to assist with transportation.

In Fairfax, Fastran and MetroAccess provide transportation for those with disabilities: fairfaxcounty.gov/dfs/olderadultservices/transportation.htm

MEALS

Many areas offer programs for those who can't shop or prepare meals on their own.

Meals on Wheels America can find a program: mealsonwheelsamerica.org

ESTATE & MOVING SERVICES

Overwhelmed with downsizing? Check into an estate planner or senior move manager.

The National Association of Senior Move Managers can help: nasmm.org

AREA AGENCY ON AGING

AAAs provide a wealth of information on community based services for aging in place for those 60 and older.

Fairfax Area Agency on Aging: <http://www.fairfaxcounty.gov/dfs/olderadultservices/>

Find your local agency: n4a.org